# Ida Tarbell Says That Energy Is As Physicians Explain Why They Precious As Food

# WASTE OF FORCE RESULTS FROM LACK OF TRAINING

(Copyright, 1917, by The Tribune By IDA M. TARBELL.

ounce of bread is the emblem of material waste. It means the food of our armies and our allies. Not less important than the ounce of bread is the ounce of energy. The wastage of woman energy since the war broke out has been almost as great as the before-war wastage of

True, it has been based almost entirely on the desire to serve, a passionate determination to contribute something to the solution of the terrific problem; but merely the desire to do the useful thing never yet brought about useful results.

Taken as a whole, the women of the country flung themselves into action as soon as war became a certainty. without clear idea of whether or not what they did was the thing needed. Feverish, energetic and frequently

Feverish, energetic and frequently ambitious to be leaders, they fell to doing everything that was suggested taking a dozen lessons in cooking and the women in France and England were doing.

The problem in this country for women can never be quite what it is in Burope. That is, it can never be until we are actually invaded. To be doing the things that French and English women now are doing is to run ahead of the game—to give up energy which ought to be focused on the actual need.

We have had flocks of fine ladies precious little that was not used, though it might not be used in the data it is in the working people of America are to be helped in the use of food and how to save.

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If the working people of America are to be helped in the use of too help of the war. If the working are to be helped in the use of too help of the war. If the working are to be helped in the use of too help of the war. If the working are to be helped in the use of too help of the war. If the working are to be helped in the use of too help of the working are to be helped in the use of too help of the working are to be helped in the use of the working of the working are to be helped in the use of too help of the working are to on the actual need.

Food is our great emergency, and gardening has been the order of the day; but the energy that has been wasted in putting in bits of land that never have before been cultivated, where a crop will never grow to be harvested, is obvious all over the

What a pitiful demonstration of wasted energy has been the plowing up of playgrounds and lawns, while on the outskirts of every town, and frequently within its limits, were vafrequently within its limits, were va-cant lots and fields! In one town I know of the interference of the highest authorities was necessary to stop the frenzy before the children lost their hardly won places to play and the sick their gardens in which to lie and sit.

of the relative value of the use of the particular piece of land. There was as little attention given often to the question of the fitness of the volunteer gardener.

... What a sorry waste of force for a tired-out librarian who has but two three weeks' vacation a year to dedicate it to weeding on a farm when in the interests of the commun ity she serves she should be lying it a hammock on a mountain top or sit-ting in the sand on the seashore A pathetic and aggravating wast

age of women's force has come from undertaking tasks for which they were not fitted, and in which they could not hold out.



"What a waste of force for the tired librarian who has but two or three weeks' vacation a year."



women who have been cooking all their lives how to prepare food and how to save."

If you want to get the full horsenower out of your energy you must extracts thow how to do that thing you unfrom some lertake.

Intralped women wish in an hour. know how to do that thing you un-

detake.

Untrained women rush in an hour a ters are given below. A special measurement on a card catalogue when they have never had any training in card cataloging.

Health Commit

The same ladies rush away to take R Kerr, as it was known that he had lesson in canteening when canteening is largely a thing of the future;

Poor work, untrained work, is discouraging to the person who does it and hinders the trained workers.

The ounces of energy which have been thrown to waste may be saved by fixing on one task which you are convinced you know or could learn, and doing that with all your might.

This is the only way for women to be really useful in this war.

The organised societies, the Red Cross, woman's committee, story should put above their desks a place and reading:

Save Your Energy.

"De not ask for work for which you have had no training, in which you have had no experience. "Ask for training.

undertaken or leave us for those who

In this matter of the ounce of en rgy women should study themselves. Excited and interested, we often put as much strength into saking a bit of commonplace information over the telephone as we do in holding a conference requiring the utmost concentration and strength of purpose.

We take beidages as if we were rushing a wounded man to the nearest hospital.

Perhalts we do the simpler thing

est hospital.

Perhaps we do the simpler thing with greater dissipation of force.

When the great need comes only the steady controlled nerves can hold. Energy, which is one of the greatest elements of our personal stock in trade, should be used certainly with as much care as we use our horses or our cars.

eur cars. Every ounce should be saved as we are disciplining curselves to save every cunce of bread. It is as truly a weapon of war as bread or powder.

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Who Have Tested Nuxated Iron in Their Own Private Practice.

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conservatively estimated that that it ought to be used in every hospites million people annually in unitry alone are taking Nuxated stand prescribed by every physician and not assume that an unber of and in the country."

In my opinion the widespread use of the king Nuxated from its use both by claim in this country."

In commenting on the above. Dr. In any invarious parts of the City of Cheago, and former House Surgeon, Jefferson Park Hospital, Chians in various parts of the City of Cheago, and former House surgeon, Jefferson Park Hospital, Chians in various parts of the City of Cheago, and former House and in great European have asid a strength suited and medical Author, as and in great European have asid a strength suited and prefer fighting trim so that they would be physically sequipped to withstand all manner of storms and the president of the continual particular and prefect fighting trim so that they would be physically sequipped to withstand all manner of storms and the president of the continual particular and prefect fighting trim so that they would be physically sequipped to withstand all manner of storms and the president of Nuxated Iron by Dr. Schuyler C. Jacques, Visiting Surgeon, and the president of Nuxated Iron by Dr. Schuyler C. Jacques, Visiting Surgeon, and the president of Nuxated Iron by Dr. Schuyler C. Jacques, Visiting Surgeon, and the president of Nuxated Iron by Dr. Schuyler C. Jacques, Visiting Surgeon, and the president of Nuxated Iron by Dr. Schuyler C. Jacques, Visiting Surgeon, and the president of Nuxated Iron by Dr. Schuyler C. Jacques, Visiting Surgeon, and the president of Nuxated Iron by Dr. Schuyler C. Jacques, Visiting Surgeon, and the president of Nuxated Iron by Dr. Schuyler C. Jacques, Visiting Surgeon, and the president of Nuxated Iron by Dr. Schuyler C. Jacques, Visiting Surgeon, and the president of Nuxated Iron by Dr. Schuyler C. Jacques, Visiting Surgeon, and the preside ANY ANNUUNION

is conservatively estimated that tover three million people annually in this country alone are taking Nuxated from. Such astonishing results have been reported from its use both by the make more out of her food that they were interested, their energy should have been used not in going should have been used not in going should have been used not in employing people who were fitted for the delicate task.

The ounce of energy has often been wasted by women in their attempts to do things for which they had not had training.

City of Chicago.

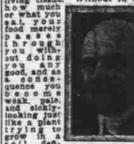
then for an hour's leson in telegraphy or beokkeeping or some other thing which to be usefully done requires careful and special fraining.

All of this scattered energy and effort can be put down as wasted.

When we go to war we do one particular thing and do it well.

Poor work, untrained work, is discouraging to the person who does it







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PATHE

# 'BAREFOOT' ORDER PUT TO RIDICULE

PARIS, Sept. 23,-To ridicule an order to the German people to go barefooted on account of the shortage of leather, the entire student popula tion of a German university paraded the town clad in evening dress, but minus shoes and stockings, says a returned officer.
Telling how loyally the people of

another German town are obering the mandate, a clipping from the Frank-tsche Volksfreund, as a rebuke to

them, says:
"Not one among the well-dressed
"Not one among the Bur-Sunday promenaders along the Bur-genateigen was shod. The provincial governor and his wife attended divine services barefoot; the town police new walk their beats innocent either of boots or socks."

NATURAL QUESTION.

When your father and I were martroit Free Press.

### Horrors! Swedes Are Taking But 3 Baths a Year!

STOCKHOLM, Sept. 23.-Male patrons of bathhouses in Sweden outnumber the women almost two to one, according to a report just issued. Sweden has long prided itself on the great number of public bathhouses it possesses. They are, indeed, almost a national institution.

Statistics for the last year show that the habit of taking Finnish, Turkish, steam, massage, and plain tub baths all of which are to be had in these institutions, has decreased to such an extent that the practice is confined to a

comparatively small circle. The total figure shows only 315 of such baths for each inhabitant in the year.

SHIPWRECKED SEAMEN SAVED. NEW YORK, Sept. 23.-Five seamen picked up on September 3 in an ex-

hausted condition, tell the story of the loss during a hurricane of the Portu-

Then your father and I were mar-he was getting only \$15 a week." other seven members of the crew were fas Pa trying to dodge being lost. It was stated that the Undina ted for military service?"—De-bad salled late in August from a guif port to Europe.

## Watch the Children's Teeth



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# GIRL, POSING AS MAN, IS EXPOSED

CLEVELAND, Ohio, Sept. 23 .- Harry Hoffman, thirty, arrested for refusing to obey the summons of the examining board after he had registered for the draft, has proved that 'he" has a perfectly good excuse for

selng excused from service. confessed that "he" was a woman, and that "his" real name was Lillian Meyers. For ten years "he" had been posing as a man, and when the call came for registering, "he" signed up; only when it came to submitting to the physical examination did "he" balk.

Harry, or Lillian, has put in the strongest kind of an exemption claim, and will be excused from mili-Harry has driven an ice wagon

Harry has driven an ice wagon, has worked as a soda fountain attendant, has been a grocery cierk, and as a mover has wreatled with safes. "He" has always held a man's job, and filled it, too.

In the beginning Lillian was brought into court several times for masquerading as a man. Each time she promised to return to a more feminine garb, but she changed her mind. This time, she says, ane will

nind. This time, she says, she will hange her mind and her clothes

### POULTRY JUST WALKED INTO THIS NEGRO'S ARMS

CAMDEN, N. J., Sept. 23.-William Senson, a negro, is serving a two months' sentence in jail for purioin-ing several choice chickens. It was declared that he had been found with

his arms about them.
"But, your honor, I didn't steal
them chickens," said Benson before
Recorder Stackhouse. "I was aslesp
when the cop pinched me, and when
I swoke them chickens were right in my arms. I never saw them before, and they sure must have just naturally walked into my arms. 'Pears like as if I was just in hard luck."

### World's Champion Absent-Minded Man Is Located

DETROIT, Mich., Sept. 23 .-The world's champion absentminded man has been located in Detroit. He is David Thomas, local manager of a chain of stores.

Thomas left 1462 Sixteenth street with \$1,500 in a grip. He placed the bag on the curb, while he cranked his automobile. Then he climbed into the machine and drove away.

Many blocks distant he remembered the money, and broke all speed laws in getting back.

He has not yet completed his search for the grip and the

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